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Music, As a Message

P.N. Saxena

Head, Department of Zoology, School of Life Sciences,
Dr. B.R. Ambedkar University, Agra
e-mail: dr_pnsaxena@yahoo.co.in

Article Information	Abstract
<p>Article history: Received: 19.03.2012 Revised: 15.09.2012 Accepted: 12.10.2012</p>	<p>As a student of science, have heard music from the very childhood as my elder sister, a vocalist, an exponent of Banaras gharana, her devotional singing has attracted me towards this divine word- music. I feel different moods of this magical music and whatsoever little I could understand and analyze, it is a- message. The question arises what type of message it imparts to me and to all.</p>
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1. INTRODUCTION:

Music therapy is based on the associative and cognitive powers of the mind. Sound creates certain vibrations which are picked up and amplified by the human ear. These waves are then picked up by the sensory nerve going into the middle of the brain and redistributed throughout the neuron network to other parts of the brain to distinguish the pitch, tone, and frequency of that sound.

Shakespeare once wrote: "If music be the food of love, play on." Profound words, true, but the Bard failed to mention that music is not just nourishment for the heart, but also for the soul. Music surrounds our lives, we hear it on the radio, on television, from our car and home stereos. Music has a very powerful therapeutic effect on the human psyche. It has always been part of our association with specific emotions, and those emotions

themselves have given rise to great music. Music therapy is the prescribed use of music to effect positive changes in the psychological, physical, cognitive or social functioning of individual with individual. Individuals facing cardiac and hypertensive problems can use music control them up to a limit. As we know our most of the behavioural and functional aspects of body are the result of various types of metabolic reactions which are directly or indirectly controlled by the neuro-endocrine system. So music therapy is an effective tool in case of all type of disorders but it is not effective in case of emergency and where surgery is the only cure.

As a student of science, have heard music from the very childhood as my elder sister, a vocalist, an exponent of Banaras gharana, her devotional singing has attracted me towards this divine word- music. I feel different moods of this magical

music and whatsoever little I could understand and analyze, **it is a- message**. The question arises what type of message it imparts to me and to all. I have tried my best to establish music as a message *vide infra* -

1. **A message of purity:** in all auspicious occasions, in worshiping almighty, morning and evening, musical notations and their respective melodies give **a message of purity** which is vastly felt.
2. **A message of power:** which heals the heart and makes the mind free.
3. **A message of expressing once soul:** often seen in solo performances, both in vocal and dance, deep involvement of performer indicates as if music has grabbed him or he is grabbed by music.
4. **A message of artistic expression:** recall the Vedas and Upanishads deciphering artistic codes.
5. **A message of magic that can transmit sufferings into insight:** Music has touched the hearts of people residing in asylums so much so that behavioral abnormality possessed by them is no more visible, an absolute transformation towards normalcy.
6. **A message to keep pace between logical and intuitive minds:** improvisation of musical notes often provide divine pleasure and forces us to express this pleasure to the extent of body language where the movements of foot and hand mystically unify, an altogether extreme situation.

On contrary, musical tunes often reflect glimpse of sadness.

7. **A message of creativity:** well evident by the work of composers, improvisers who create new forms of rhythms with different sequences of musical notes, an entirely new situation through

rigorous experimentation evident in their recital performances. The concept of modulation from past to present in this regard is the conversion of a particular classical style into a modern style where the differences can be well observed and perceived. Music incorporates maximum possible flexibility which perhaps is the genesis of creativity.

8. **A message of separation into connection:** provider of connectivity in between broken hearts.
9. **A message of spiritualism:** It speaks us ways mere language can never capture.
10. **A message of imbibing scientific tendencies and galore:** No doubt music is a science. More people listen to music, more mental health they can have. Music can relax nerves, remove pain and develop creativity. Soothing and touching melody is a cool and effective way to put mind in order. Music is structure, built on science creativity, talent and in front of audience- **tolerance**. Apolo hospital New Delhi has launched a diploma course in medical music therapy. Indian classical music has a tremendous impact on an individuals moods and behaviour. Certain ragas with special notes ease stress and act on an individual's mind set.
11. **A message of deep involvement:** looking for the best from the divine, the almighty and without hesitation is it's **abstract form** which is the property of a few versatile talented singers.
12. **A message of therapy:** Music is medicine, it is sanity. Music has opened minds that were once thought closed. Those that can't speak, see or communicate generally, with music, they can.

13. **A message of language:** Music is greater than the spoken word. In fact it can bridge language barriers.
14. **A message to express emotions and memories:** that cannot be expressed in other ways.
15. **A message that brings latent talents forward:** endow them expression by the language of music.
16. **A message of confidence:** It builds up confidence level in those who are less confident: a music listener is always a good administrator.
17. **A message of healing:** It has been well tried with promising results in enhanced healing in Alzheimer's disease. It will not be an exaggeration if it be considered as **megavitamin** for brain. Singing therapy helps stroke patients in regaining language. In certain metro cities the pilot projects on cancer therapy, pediatric oncology and haematology have been strengthened by the **might** of music in random manner.
18. **A message of touch:** It touches patients deeply. This touching phenomenon transform their anxiety and stress into relaxation and healing.
19. **A message of unity in diversity:** has been very well observed listening thousands hailing from different parts of a country, of the countries and the world as a whole on a common platform at times of concerts, jugalbandis and solo performances.
20. **A message of happiness:** where east meets the west by way of rhythm and melody of par excellence as has been recently seen in the duets of Indian composer and musician A.R. Rahman, the winner of Oscar award with western composers and singers, their compositions and expertise make the audience spell bound, the limit.
21. **A message of peace:** cultural exchanges have become a practice in entire world to settle political and interboundary disputes and have been well tried in between east and west Berlin (in past), Indian and Pakistan, north and south Korea and many other countries even belonging to different continents.
22. **A message of friendship:** there is something in this word music where enemies have been seen transforming into friends.
23. **A message of productivity:** experiments conducted on cows have revealed that soothing musical tunes have increased their milk quantity. Further, the growing crops have also shown better yields. In Andhra Pradesh and Karnataka quick ripening in papaya fruits on trees have been well documented under the influence of low intensity melodious songs and tunes of string instruments.
24. **A message of growth:** the plants registered better growth in terms of height under influence of melodious tunes. Infant's growth have been seen better if at all they were grown up with melodious songs.
25. **A message of devotion:** exponents of music have won the hearts of millions of people. It is definitely a "charishma" and cannot be denied. It is therefore surmised that music is important for society and has a profound effect on our future development. It has all that grooming potential for a taste of aesthetic development in future generations.